gases supply and a spontaneously breathing user, comprising:

a body portion including a first opening adapted to be in fluid communication with a pressurised gases supply, a second opening adapted to be in fluid communication with a user,

a first auxiliary outlet in said body portion, and

valve means adapted such that during a user's inhalation, the flow of gases from said first opening is directed to said second opening, and during a user's exhalation, the flow of gases from said first opening is directed to said first auxiliary outlet.

- 3. (Twice Amended) A device as claimed in claim 2 wherein said valve means comprises an axially moveable member including means for substantially sealing inside said body portion, said member in use axially moveable within said body portion.
- 8. (Twice Amended) A system for supplying gases to a user at a pressure above ambient comprising:

a pressurised gases supply,

gases delivery means for supplying said gases to a user, said gases delivery means being in fluid communication with said pressurised gases supply, and

flow control means disposed within said gases delivery means or in fluid communication therewith, said flow control means comprising a device for controlling the gas flow within said gases delivery means, said device including a body portion including a first opening adapted to be in fluid communication with said pressurised gases supply, a second opening for providing fluid flow to and/or from said flow control means, a first auxiliary outlet in said body portion, and valve means adapted such that during a user's inhalation, the flow of gases from said first opening is directed to said second opening, and